



Serves 6 to 10

DC Central Kitchen's Roasted Root Vegetable Medley with Balsamic Vinaigrette

Veggie Medley

INGREDIENTS

2 medium beets	1 leek
2 medium carrots	1 medium Spanish onion
2 medium parsnips	

DIRECTIONS

1. Wash, peel, and cut the beets into medium dice (½ inch cubes). Keep them separate from the other vegetables.
2. Wash, peel, and cut the carrots and parsnips into medium dice.
3. Thoroughly wash the leeks and cut into ½ inch pieces.
4. Peel the onion and chop.
5. In a mixing bowl, toss the beets with oil to coat. Roast beets in 350 degree oven for about 12 to 15 minutes, then rinse thoroughly before setting aside to cool.
6. Toss the carrots and the parsnips with oil and roast in 350 degree oven, about 12 to 15 minutes. Set aside to cool.
7. Toss the leeks and the onions with oil and roast at 350 degrees for 5 to 7 minutes. Set aside to cool.
8. In a large bowl, carefully toss together the beets, carrots, parsnips, leeks, onions, and balsamic vinaigrette.
9. Serve cold.

Vinaigrette

INGREDIENTS

1/4 cup balsamic vinegar	1/2 tsp salt
1 sprig fresh tarragon	1/2 tsp pepper
1 sprig marjoram	3/4 cup vegetable oil

DIRECTIONS

1. Chop the fresh tarragon and marjoram well.
2. In a medium bowl whisk together the vinegar, herbs, salt and pepper.
3. Continue to briskly whisk the vinegar and seasonings while slowly adding the oil.



Students in DC Central Kitchen's 80th Culinary Job Training program developed and prepared this recipe. To learn more about DC Central Kitchen, visit <http://www.dccentralkitchen.org>